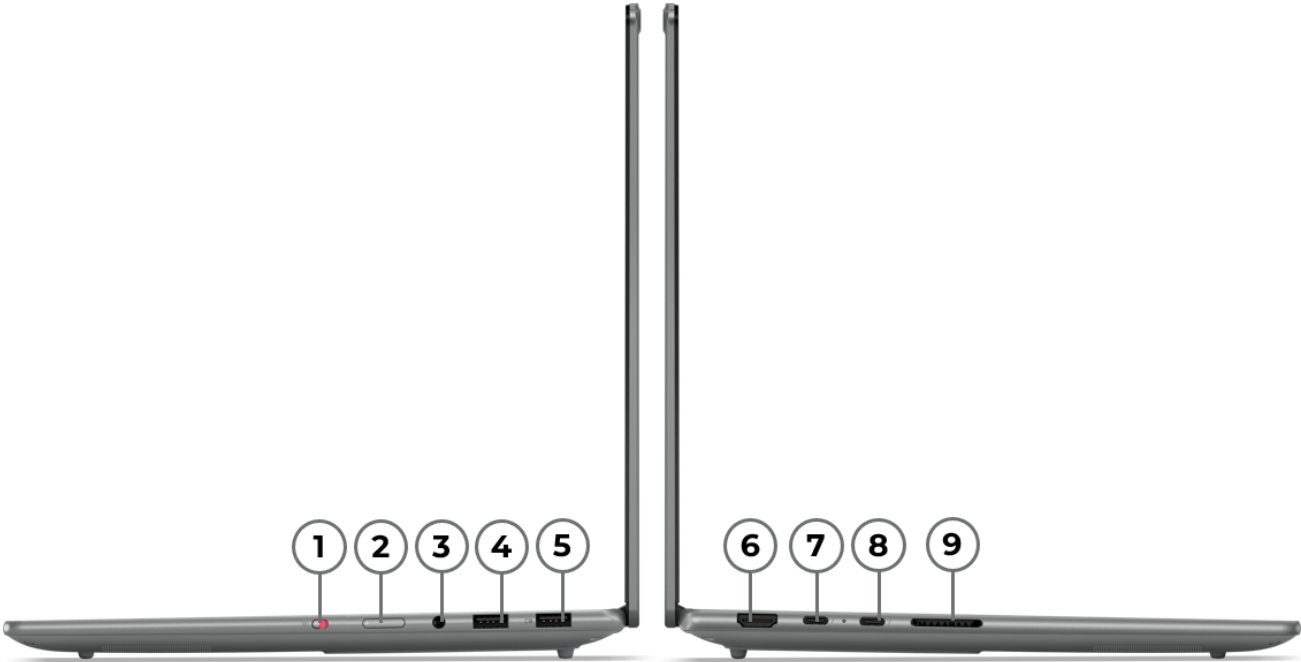


OVERVIEW



1. E-shutter switch	6. HDMI
2. Power button	7. Thunderbolt 4
3. Headphone / microphone combo jack (3.5mm)	8. Thunderbolt 4
4. USB-A (USB 5Gbps)	9. SD card reader
5. USB-A (USB 5Gbps), Always On	

PERFORMANCE

Processor

Processor Family

Intel® H Series Core Ultra 7 / 9 Processor (Series 2)

Processor**

Processor Name	Cores	Threads	Base Frequency	Max Frequency	Cache	Processor Graphics	NPU
Core Ultra 7 255H	16 (6 P-core + 8 E-core + 2 LPE-core)	16	P-core 2GHz / E-core 1.5GHz / LPE-core 700MHz	P-core 5.1GHz / E-core 4.4GHz / LPE-core 2.5GHz	24MB	Intel® Arc™ 140T GPU, up to 74 TOPS	Intel® AI Boost
Core Ultra 9 285H	16 (6 P-core + 8 E-core + 2 LPE-core)	16	P-core 2.9GHz / E-core 2.7GHz / LPE-core 1GHz	P-core 5.4GHz / E-core 4.5GHz / LPE-core 2.5GHz	24MB	Intel® Arc™ 140T GPU, up to 77 TOPS	Intel® AI Boost

AI (Artificial Intelligence)

AI PC Category

AI PC

AI Performance

Up to 99 overall TOPS

NPU

Integrated Intel® AI Boost, up to 13 TOPS

Operating System

Operating System**

- Windows® 11 Pro
- Windows® 11 Home
- Windows® 11 Home Single Language

Graphics

Graphics

Graphics	Type	Memory	TGP	Key Features
Intel® Arc™ 140T GPU	Integrated	Shared	Share CPU TDP	DirectX® 12.2

Monitor Support

Monitor Support

Supports up to 4 independent displays (native display and 3 external monitors via HDMI® and Thunderbolt™)

- HDMI® supports up to 8K@60Hz
- Thunderbolt™ supports up to 8K@60Hz

Chipset

Chipset

Intel® SoC (System on Chip) platform

Memory

Max Memory

32GB soldered memory, not upgradable

Memory Slots

Memory soldered to systemboard, no slots, dual-channel

Memory Type

LPDDR5x-8533

Storage

Storage Support^{[1][2]}

Up to two drives, 2x M.2 SSD

- M.2 2242 SSD up to 1TB

Storage Slot

Two M.2 slots

- One M.2 2242 PCIe® 4.0 x4 slot
- One M.2 2280 PCIe® 4.0 x4 slot

Storage Type

Disk Type	Interface	Offering
M.2 2242 SSD	PCIe® NVMe®, PCIe® 4.0 x4	1TB

Notes:

[1] The storage capacity supported is based on the test results with current Lenovo® storage offerings.

[2] The system supports dual SSD via two M.2 slots, but Lenovo® offers only one SSD configuration with a second slot for user self-expansion.

Removable Storage

Card Reader

SD card reader, supports UHS-I SD card

Multi-Media

Audio Chip

High Definition (HD) Audio, Realtek® ALC3306 codec

Speakers

4 stereo speakers, 2W x2 (woofers), 2W x2 (tweeters), optimized with Dolby Atmos®, Smart Amplifier (AMP)

Microphone

Quad-microphone array

Camera

5.0MP + IR, with E-shutter, fixed focus

Sensor

Sensors

Hall sensor

Battery

Battery^[1]

Integrated Li-Polymer 84Wh battery, supports Rapid Charge Express (get 3 hours of runtime with a 15-minute charge)

Max Battery Life^[2]

PCMark 10@120nits: 14.3 hr
Battclues 2.0@200nits: 6.2 hr
Local video (1080p) playback@150nits: 16.5 hr

Notes:

[1] Rapid Charge Express is only effective in hibernates or fully shutting down the computer.

[2] All battery life claims are approximate maximum and based on results using the MobileMark® 2014, MobileMark® 2018, MobileMark® 25, MobileMark® 30, JEITA 2.0, JEITA 3.0, continuous 1080p video playback (with 150nits brightness and default volume level) or Google Power Load Test (PLT) battery-life benchmark tests. Actual battery life will vary depending on many factors such as product configuration and usage, software use, wireless functionality, power management settings, and screen brightness. The maximum capacity of the battery will decrease with time and use.

Power Adapter

Power Adapter^[1]

100W USB-C® slim (3-pin) AC adapter, supports PD 3.0, 100-240V, 50-60Hz

Notes:

[1] AC adapter offerings depend on the country.

DESIGN

Display

Display

Size	Resolution	Touch	Type	Brightness	Surface	Aspect Ratio	Contrast Ratio	Color Gamut	Refresh Rate	Viewing Angle (L/R/U/D)	Key Features
14.5"	3K (3000x1876)	Multi-touch	OLED	1,000nits (HDR peak) / 500nits (SDR typical)	Glossy, anti-fingerprint	16:10	1,000,000:1	100% DCI-P3	120Hz (Max)	85° / 85° / 85° / 85°	PureSight Pro, Eyesafe® Certified 2.0, Dolby Vision®, DisplayHDR™ True Black 1000, Glass, ΔE<1 (Avg.) X-Rite®

Color Calibration

X-Rite® factory color calibration

Touchscreen

On-cell multi-touch, supports 10-point touch

Input Device

Pen

No support

Keyboard

6-row, multimedia Fn keys, Copilot key

Keyboard Backlight

LED backlight

Touchpad

Buttonless glass surface multi-touch touchpad, supports Precision TouchPad (PTP), 80 x 135 mm (3.15 x 5.31 inches)

Mechanical

Dimensions (WxDxH)^[1]

325.3 x 228.1 x 16.9 mm (12.81 x 8.98 x 0.67 inches)

Weight^[2]

Starting at 1.54 kg (3.39 lbs)

Case Color

Luna grey

Surface Treatment

Aluminium stamping (anodized with sandblasting)

Case Material

Aluminium (top), aluminium (bottom)

Notes:

[1] The system dimensions may vary depending on configurations.

[2] The system weight is approximate and based on results in Lenovo® lab, which varies depending on the source of component, variance of the distribution of each component, and manufacturing process. It may not be the exact weight for each specific model.

CONNECTIVITY

Network

Ethernet

No onboard Ethernet

WLAN + Bluetooth[®][1]

Wi-Fi[®] 7, 802.11be 2x2 Wi-Fi[®] + Bluetooth[®] 5.4, M.2 card

WWAN

No support

Notes:

[1] 6GHz Wi-Fi[®] 7 operation is subject to the regulation rules in each country.

Ports^[1]**Standard Ports**

- 1x USB-A (USB 5Gbps / USB 3.2 Gen 1)
- 1x USB-A (USB 5Gbps / USB 3.2 Gen 1), Always On
- 2x USB-C[®] (Thunderbolt[™] 4 / USB4[®] 40Gbps), with USB PD 3.0 and DisplayPort[™] 2.1
- 1x HDMI[®] 2.1, up to 8K/60Hz^[2]
- 1x Headphone / microphone combo jack (3.5mm)
- 1x SD card reader

Notes:

[1] The transfer speed of the ports will vary and, depending on many factors, such as the processing speed of the host device, file attributes and other factors related to system configuration and your operating environment, will be slower than theoretical speed.

[2] HDMI[®] 2.1 FRL, 8K/60Hz

Docking**Docking**

Various docking solutions are supported via Thunderbolt[™].

For more compatible docking solutions, please visit [Docking for Yoga[®] Pro 7 14IAH10](#)

SECURITY & PRIVACY**Security****Security Chip**

Firmware TPM 2.0 integrated in SoC

Fingerprint Reader

No fingerprint reader

BIOS Security

- Administrator password
- Master hard disk password
- User hard disk password
- User password
- Self-healing BIOS

Other Security

- E-shutter
- IR camera for Windows[®] Hello (facial recognition)

SERVICE**Warranty****Base Warranty^{**}**

- 1-year courier or carry-in service
- 1-year courier or carry-in with 2-year system board service (Korea only)
- 2-year (1-yr battery) courier or carry-in service
- 3-year (1-yr battery) courier or carry-in service

ACCESSORIES

Bundled Accessories

Bundled Accessories^{***[1]}

- Lenovo® USB-C® 4-in-1 Hub Gen 2
- Lenovo® YOGA True Wireless Stereo Earbuds
- Yoga® Pro Mouse
- None

Notes:

[1] For more compatible accessory solutions, please visit [Accessories for Yoga® Pro 7 14IAH10](#).

OPERATING REQUIREMENTS

Operating Environment

Temperature^[1]

- At altitudes up to 2438 m (8,000 ft)
 - Operating: 5°C to 35°C (41°F to 95°F)
 - Storage: 5°C to 43°C (41°F to 109°F)
- At altitudes above 2438 m (8,000 ft)
 - Maximum temperature when operating under the unpressurized condition: 31.3°C (88°F)

Relative Humidity

- Operating: 8% to 95% at wet-bulb temperature 23°C (73°F)
- Storage and transportation: 5% to 95% at wet-bulb temperature 27°C (81°F)

Altitude

Maximum altitude (without pressurization): 3048 m (10,000 ft)

Notes:

[1] When you charge the battery, its temperature must be no lower than 10°C (50°F).

ENVIRONMENTAL

Sustainability

Material^[1]

Plastic-free Package

100% FSC-certificated Paper used in Carton and Manual

Recycled Material

50% Recycled Aluminum alloy on D Cover

90% PCC Recycled Plastic used in 100W Adapter Case

50% PCC Recycled Plastic used in Keyboard Keycap

30% PCC Recycled Plastic used in Battery Pack

Notes:

[1] PCC: Post Consumer Content, recycled materials from customers.

CERTIFICATIONS

Green Certifications^[1]

Green Certifications^[2]

- Carbon Neutral Certified
- ENERGY STAR® 8.0
- EPEAT™ Gold Registered^[3]
- ErP Lot 6/26
- RoHS compliant

Notes:

[1] The items listed under the "Green Certifications" section may not only refer to certification but also registration or self-declaration. For ESG & regulatory compliance documents, please visit <https://compliance.lenovo.com>.

[2] EPEAT™ registration and ENERGY STAR® certification are optional and only available on the models with preloaded OS. Please visit epeat.net and energystar.gov for more information.

[3] EPEAT™ is registered where applicable, please visit epeat.net for registration status by country.

Other Certifications

Mil-Spec Test

MIL-STD-810H military test passed (21 test items)

Other Certifications

- Intel® Evo™ Platform
 - Eyesafe® Certified 2.0
 - TÜV Rheinland® Flicker Free
 - TÜV Rheinland® Low Blue Light (Hardware Solution)
-
- Feature with ** means that only one option listed under the feature can be configured on selected models. Please refer to the model configuration for specific information.
 - Feature with *** means that one or more options listed under the feature can be configured on selected models. Please refer to the model configuration for specific information.
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